

PEDIATRIC RESIDENCIES

institution, such as a university or a statewide program, from sponsoring or coordinating that program. As Stross has suggested, local institutions should be represented in a spirit of cooperation rather than imposition by mandate.

It seems unwarranted to perpetuate separate training programs with limited or unbalanced resources in geographic proximity if the goal of postgraduate training is to produce a graduate with broad exposure to pathology and varied expertise. The experience of PHAPP in combining programs has resulted in broader experience and greater depth of training, and has more than compensated for the problems encountered in the merger.

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Approaches to Leg Cramps

All sorts of therapies have been devised for leg cramps . . . I have an interesting gimmick that I use and I pass it along to you . . . I find that most leg cramps occur, whether in men or women, . . . when the leg is stretched. Therefore, if a pillow is put at the bottom of the bed, when the patient rolls over at night and begins to extend the leg, the foot hits the pillow. The patient feels it and it doesn't necessarily wake from sleep, but tends to retract (flex) the leg. The thigh is perhaps flexed, too. In any case, it prevents the full extension that might occur in the sleeping state.

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